



2004 - 2005 FORT DRUM YOUTH SERVICES SPORTS PROGRAM GUIDE

PURPOSE

To provide a guide of the sports programs offered by the Child and Youth Services, Directorate Community Activities, Fort Drum, New York.

TARGET AUDIENCE

All service members at Fort Drum and their family members, children of civilian Fort Drum employees and retired military personnel living in the area, and civilian guests.

PHYSICALS ARE MANDATORY!

Players must turn in a copy of their most current physical. Date the physical was conducted must be within one year of the date of registration

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QUICK REFERENCE GUIDE

*Please refer to the pertinent section of this book for more details regarding each individual sports program.

Sport	Grade/Age	Registration	Season	Page
Baseball				
1. T-Ball	K-1st grade	Mar 1-Apr 19	Apr 20-Jun 24	10
2. Grasshopper...	grade 2 & 3	Mar 1-Apr 12	Apr 13-Jul 1	10
	(ages 7-9)			
3. Pee Wee.....	grade 4-6	Mar 1-Apr 12	Apr 14-Jul 1	11
	(ages 10-12)			
4. Jr. Pony.....	grade 7-9	Mar 1-Apr 12	Apr 15-Aug 8	11
	(ages 13-15)			
5. Softball (girls)	U 14	Mar 1-Apr 12	Apr 20-Aug 31	12
	U 18	Mar 1-Apr 12	Apr 20-Aug 31	12

Soccer (Outdoor)

1. Mountaineer ...	grade 1-3	Jun 1-Jul 26	Jul 27-Sep 30	13
2. Big Mountaineer ...	grade 4-6	Jun 1-Jul 26	Jul 28-Sep 30	13

Soccer (Winter Indoor)

1. *U 10.....	age 10 & under	Sep 6-Oct 19	Oct 20-Jan 29	14
2. *U 12.....	age 12 & under	Sep 6-Oct 19	Oct 20-Jan 29	14

Football

1. *Tackle	ages 9-12	Jun 1-Jul 28	Aug 1-Oct 29	15
2. *Mighty Mites ..	ages 7-9.....	Jun 1-Jul 28	Aug 1-Oct 29	16

Cheerleading

1. Football.....	ages 9-13	Jun 1-Jul 28	Aug 2-Oct 29	17
2. Basketball	ages 9-13	Nov 1-Dec 13	Dec 14-Mar 31	18

Basketball

1. ABA	grades 1-2	Aug 2-Sep 27	Oct 4-Dec 7	19
2. NBA	grades 3-4	Aug 2-Sep 28	Oct 6-Dec 9	19
3. Boys Mountaineer ...	grades 5-6	Nov 1-Dec 13	Dec 14-Mar 31	20
4. Girls Mountaineer ...	grades 5-6	Nov 1-Dec 13	Dec 14-Mar 31	21
5. 3 on 3 Competitions ..	grades 6-8	day of game.....	Oct 1-Nov 19	21

Skiing/Snowboarding

1. Ski/Snowboard ..	grades 1-12	Nov 1-Jan 3	Jan 4-Feb 17	23
2. Kiddie Korral Ski	ages 4-5	Nov 1-Jan 3	Jan 4-27	25
	(private lesson)			

REFERENCE GUIDE CON'T.

NEW!

Start Smart Program (ages 3-5 only)

Activity	Registration	Season	Page
1. Gen. Development 03/04	Dec 8-Jan 5	Jan 8-Feb 14	26
2. Basketball	Jan 12-Feb 16	Feb 19-Mar 27	26
3. Golf	Feb 23-Mar 29	Apr 1-May 8	26
4. Soccer	Apr 5-May 17	May 20-Jun 26	26
5. Baseball	May 24-Jul 19	Jul 22-Aug 28	26
6. Open	Jul 26-Aug 30	Sep 2-Oct 9	26
7. Open	Sep 6-Oct 11	Oct 14-Nov 20	26
8. Gen. Development 04/05	Dec 6-Jan 3	Jan 6-Feb 12	26
9. Basketball	Jan 10-Feb 14	Feb 17-Mar 26	26
10. Golf (ages 5-7)	Feb 21-Mar 28	Mar 31-Apr 30	26

Weight Room (ages 14-18)

Open	Hours	Page
Monday, Tuesday, Wednesday & Friday	6-8 pm	25
Saturday	noon-4 pm	25

Other Programs

Sport	Grade/Age	Registration	Season	Page
1. Hockey	Preschool thru grade 12	September	Oct-Mar	27
2. Figure Skating ...	all ages		Oct-Mar	27
3. Swimming	all ages			28

YS policy regarding age/grade requirements for Internal Sports Programs

Our philosophy is to ensure all sports programs are age-appropriate in nature. We appreciate your patience with us as occasionally we have to evaluate each youth to determine what program they should participate in. YS sports staff reserves the right to place a youth on a team that is safe and where they will feel successful.

YS policy regarding age/grade requirements for Community Leagues

When the YS Sports Program participates in an outside league, age or grade guidelines and regulations have been provided for us. We will not request exceptions to policies regarding age/grade regulations for your child.

GENERAL INFORMATION

FORT DRUM YOUTH SERVICES

YOUTH SERVICES CENTER

BLDG P-10790, CHAPEL DRIVE, TELEPHONE: 772-6718

The Fort Drum Youth Services (FDYS) Sports Program emphasizes safety, participation, fun, and good sportsmanship. All registered participants are evaluated, assigned to a team, issued a basic uniform and guaranteed a specific amount of playing time. The program is designed to provide all youth the opportunity to participate, develop fundamental skills and grow in an atmosphere of sportsmanship, citizenship and teamwork.

RULES, TEAM ASSIGNMENTS, EQUIPMENT

The FDYS Sports Program's "All Play" Rule ensures that every player in good standing will play a certain amount of time in every game. For outdoor soccer and basketball, the minimum is two quarters; for baseball, the minimum is two innings; for tackle football, the minimum is ten plays; and for indoor soccer the minimum is one half. This does not mean that each child will play the entire quarter or half.

REGISTRATION & FEES

Parents may register their children for FDYS sports programs at Central Enrollment Registry (CER) from 8 am to 5 pm during published registration dates and times (CER is closed Wednesdays). Youth Services will be doing sports registration for current CYS members at YS from 9 am - 7 pm, Monday through Friday. Checks and cash ONLY accepted. Registration is on a first-come first-serve basis. Parents may then place their child on waiting list. All youth registered prior to the registration cut-off date will be placed on a team, except in situations where there are insufficient enrollments in an age group. Players in these leagues are entitled to a loaned uniform, a sports medal, and a certificate of participation at the end of each season at no additional cost.

Youth must register with FDYS to participate in most of the programs outlined here. The exceptions include the Watertown Minor Hockey Association, Watertown YMCA Blue Sharks Swim Team, Fort Drum Dolphins and Figure Skating. These programs are not affiliated with FDYS, but are available to all local youth who desire to participate.

Register early as space is limited for some programs.

YS ANNUAL REGISTRATION FEE

First two children	\$18 each
Per family	\$40

FDYS SPORTS FEES (PER SPORT):

CATEGORY	SPORT	FEE
A	Outdoor Soccer, Cheerleading	\$25
B.....	Baseball, Basketball	\$35
C.....	Mighty Mite Football, Tackle Football	\$55
D	Indoor Soccer	\$70
Others	Start Smart - varies according to sport offered.	

See page 26 for additional details.

Skiing/Snowboarding - varies according to which package is selected. See page 22 for details.

3 On 3 Competitions (weekly) \$2 member
\$5 nonmember

A team sport Multiple Child Reduction (MCR) will be given to a family with multiple children (after the first child) in the same sport, e.g., the first child pays the full fee, with remaining children receiving a selected installation MCR discount (10%). This discount is called the Team Sports Multiple Child Reduction (TSMCR) discount.

VOLUNTEER COACHES' CHILD(REN) FEE:

Discounts for volunteer coaches' children participating in the team sport that the parent is coaching are authorized as follows:

- 1. First child Free
- 2. Other children %50
- 3. Team Parents are considered volunteer coaches.

Limit of one team parent per sports team.

Coaches that do not complete the entire season and received a coaching discount will be required to pay the Sports Fee at the full price.

*Coaching discounts do not apply to the following sports:
Indoor Soccer, Skiing/Snowboarding or Start Smart

FDYS Sports Program REFUNDS will be made only in the event of a permanent change of station (PCS) or injury prior to the first regular season game. Refund requests must be made in person by a parent, at the center. The payment receipt and PCS orders or doctor's statement must be presented.

VOLUNTEERS NEEDED - Coaches & Officials
Anyone interested contact the FDYS Sports Office at 772-6718.

SKILLS ASSESSMENTS

FDYS attempts to form all teams as evenly as possible in size, number and skill. A skills assessment session will be performed for ALL players before team assignment. The sports director will assign teams to coaches, then it becomes the coach's responsibility to contact players concerning practices and game schedules. To ensure that all teams are equal, it is important that all players attend skills assessment sessions as scheduled.

UNIFORMS & EQUIPMENT

The coach will brief players on uniform issue and turn-in procedures. The FDYS Sports Director will issue uniforms to each head coach. Coaches will sign for the uniforms and sub-hand receipt a uniform to a parent. On uniform issue day, one parent must be present to sign for his/her child uniform. A player will not receive a uniform until his/her parent sign for one. Uniforms will be cleaned and returned to the coaches (or FDYS) at the end of the season within a 1 week time period after the last game. Care and cleaning instructions should be followed.

IMPORTANT!
PARENTS WILL BE FINANCIALLY RESPONSIBLE FOR
LOST & DAMAGED UNIFORMS

UNIFORMS & EQUIPMENT LATE CHARGE

Should there be any problems in collecting uniforms or equipment, or if a uniform is lost or damaged, unit commanders will be notified in writing of the loss, to ensure all expenses are paid in full.

PARENTAL ORIENTATION & VOLUNTEER COACHES

The head coach is responsible not only for coaching, but for the conduct of the team, parents and fans. Parents are reminded of these important duties so they can assist the coach by fostering established goals and supporting the program. The head coach, for instance, is responsible for ensuring that an adult is first to arrive at and last to leave every practice and game. Since the coach cannot be expected to do it alone, parents are encouraged to volunteer their assistance in this and other areas.

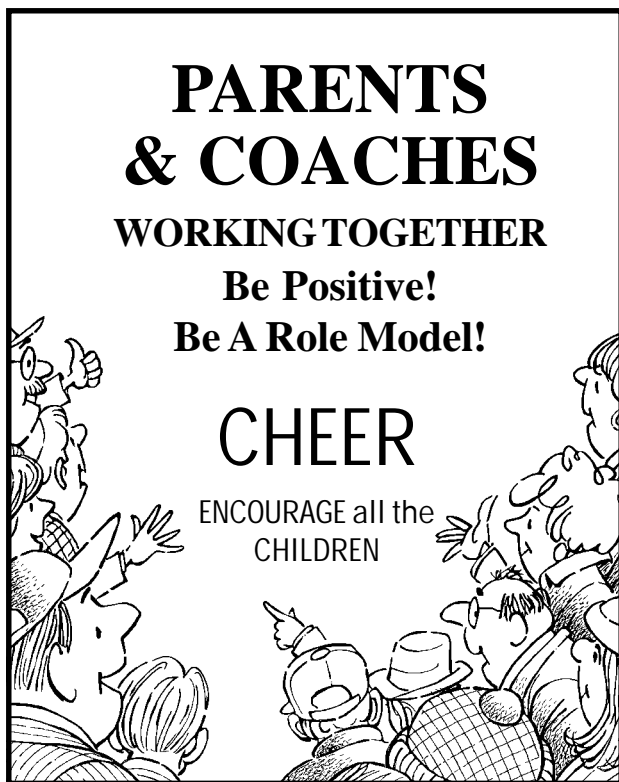
ALL VOLUNTEER COACHES (head coaches and assistants) must be certified through National Youth Sports Coaches Association prior to participating in any practices or games. NO EXCEPTIONS. WE DO BACKGROUND CHECKS ON ALL VOLUNTEER COACHES.

The coach will call a parent's meeting at/during the first practice session; a "team parent" will be appointed. This individual will be responsible for advising parents of any significant changes in practice and game schedules, the end-of-season banquet and other projects the coach may need help with.

It is very important that at least one parent or legal guardian of each player be present. The coach will review certain FDYS rules, and his/her policies, and will answer questions. Parents will be asked to read and sign the FDYS Parents Code of Ethics, indicating that the FDYS Sports Code of Conduct will be followed.

PHYSICALS

Youth participants must provide a medical statement signed by a licensed healthcare professional. This medical statement must be current at the time of actual registration and remain valid through the completion date of the chosen sport. These requirements are a condition of participation and no child/youth will not be authorized to play (practice or participate in games) until documentation of a valid physical is furnished. A school physical may be used to satisfy the requirement for the medical statement. Your child will not be allowed to participate without a current physical. Physicals must be signed. Physicals Are Mandatory!



AWARDS POLICY

Fort Drum, upon the advice of youth recreation professionals, downplays trophies and other awards for excellence. Our intramural program emphasizes fun, learning and participation by all players. At the end of the season, FDYS issues each player a certificate of participation and a sports medal. The only forms of additional recognition allowed by FDYS are simple events like team covered dish dinners or team snapshots donated by a parent or a coach to all members of the team. FDYS will not permit any parent or child to be pressured to contribute to a collection for any purpose.

TEAM PICTURES

FDYS no longer has a photographer come to take pictures. Parents may take pictures of their youth, but at no time is it authorized for a private photographer to solicit at any sporting event.

INCLEMENT WEATHER POLICY

Outdoor Sports: If cold weather prevails, dress accordingly and be prepared to play. Game uniforms must be worn at all games. Cold weather clothing must be worn underneath uniforms.

Football , Cheerleader, Soccer: Pregame decisions are made by FDYS and/or league sponsors; officials will make decisions after the game starts. Games will be played in rain, but postponed or called, during lightning or if a field becomes unplayable.

Baseball: Coaches and team parents will be notified of cancellations by 4:30 pm for all leagues. After that, umpires will make a final decision at the field.

Indoor Sports: Games or practices will occasionally be cancelled if weather conditions make it unsafe to travel. If FDYS is closed due to weather then no sports will be played. If YS is open, sports will be played. If sports are going to be cancelled, your coach will call you in advance.



DISCIPLINE

Coaches have the authority to bench a player for unacceptable conduct. This authority is incontestable for one game. A coach must obtain FDYS approval if he/she feels more punishment is needed. At this point the alleged offender's parent will be contacted, and if the parent feels the suggested punishment is inappropriate, FDYS will make a determination.

TEEN OFFICIALS

FDYS will mentor teens who wish to be officials. Teen officials are asked to officiate FDYS sports games, usually the pre-teen program. Contact the Youth Sports Office, 772-6718, for more information.

Fort Drum has an excellent Youth Sports Program. Parents and children will be asked to help clean up, assist in team administration, follow the rules and support the teams. We thrive on active participation and cooperation from everyone involved. How well you do this will determine how much you enjoy the season.

Remember, the focus is on youth. We teach fundamentals, fun and friends. That's what it's all about here on Fort Drum. Let's set a good example and create a positive environment for FDYS Sports.

TEEN VOLUNTEER COACHES

Teens 13 - 18! Come volunteer your time and knowledge, and gain experience in teaching and being a positive role model while working with youth in first through sixth grades, under the supervision of an adult.

**TEENS 16 - 18 **

We will certify you through the National Youth Sports Coaches Association.

SPORTSMANSHIP!

*To ALL involved: Coaches, players, parents,
officials and ALL spectators.*

WE TEACH IT, WE PREACH IT, WE LIVE IT.

T-BALL

SIGNIFICANT DATES:

March 1	Registration begins
April 19	Registration ends
April 20	Parents meeting
April 26	First practice
May 10	Regular season games begin
June 24	Approximate end of season

ELIGIBILITY

Coed, open to youth age 6 (Kindergarten & 1st grade). Kindergartners must be completing the grade in June 2004. If starting Kindergarten in September 2004, youth is not eligible. They must have a year of school.

PRACTICES

Practices are limited to three, 1-hour practices per week.

Mondays, Tuesdays & Thursdays 5 - 6 or 6 - 7 pm
YS fields 1 & 2

PRACTICES ARE MANDATORY!

GAMES

Tuesdays & Thursdays 5:30 pm
YS fields 1 & 2 start time

GRASSHOPPER

SIGNIFICANT DATES

March 1	Registration begins
April 12	Registration ends
April 13	Skills assessment & Parents meeting, 5 pm
April 19	Practices begin
May 10	Games begin
July 1	End of season

ELIGIBILITY

Coed, must be registered with FDYS. Open to youth ages 7 - 9. Youth must be 7 by July 31 and not turn 10 prior to August 1.

PRACTICES

Mondays, Tuesdays & Thursdays 5 - 6 or 6 - 7 pm
YS fields 3 & 4

GAMES

Times to be set by the Thousand Islands League.

LEAGUES - TRAVEL TEAMS

Teams will compete in the Thousand Islands Recreation League.

PEE WEE

SIGNIFICANT DATES

March 1	Registration begins
April 12	Registration ends
April 14	Skills assessment & Parents meeting, 5 pm
April 19	Practice begins
May 10	Regular season games begin
July 1	Approximate end of season

ELIGIBILITY

This co-ed program is open to children ages 10 - 12. Youth must turn 10 by July 31 and not turn 13 by August 1.

PRACTICE

Mondays, Tuesdays & Thursdays 5 - 6 pm
YS fields 6 & 7

GAMES

Times to be set by the Thousand Islands League.

LEAGUES - TRAVEL TEAMS

Teams will compete in the the Thousand Islands Recreation League.

JR PONY BASEBALL

SIGNIFICANT DATES

March 1	Registration begins
April 12	Registration ends
April 15	Parents meeting
April 19	1st Practice
June 17	Regular season games begin
August 4 - 8	League playoffs
August 4 - 8	Approximate end of the season.
Uniform turn-in depends on playoff - TBA	

ELIGIBILITY

Open to boys ages 13 - 15, but must not turn 16 before August 1.

PRACTICE (AT YS SLIGH FIELD #12)

Monday, Tuesday & Thursday 5 - 7:30 pm

GAMES (HOME & AWAY GAMES)

Times to be set by the Thousand Islands League.

LEAGUES - TRAVEL TEAM (COMPETITIVE)

Teams will compete in the Thousand Islands Recreation League.

2004 FAST-PITCH SOFTBALL

LADY MOUNTAINEERS

SIGNIFICANT DATES

March 1	Registration begins
April 12	Registration ends
April 20	Parents/Coaches meeting
July 12	Regular season games begin
August 31	Approximate end of season

ELIGIBILITY

This program is open to girls ages 14 and under (U14), and girls age 18 and under (U18). Players must be registered with FDYS.

Age 14 or under to play U14

Age 18 or under to play U18

PRACTICE

All practices are at YS fields.

Ug 14

Mondays, Tuesdays & Thursdays 6 - 7 pm

U18

Wednesdays & Fridays 5 - 7:30 pm

GAMES

All games will be at Indian River High School.

LEAGUES - TRAVEL TEAMS

Teams will compete in the the Indian River Softball League.



2004 LITTLE MOUNTAINEERS SOCCER LEAGUE

SIGNIFICANT DATES

June 1	Registration begins
July 26	Registration ends
July 27	Skills assessment & Parents meeting, 5 pm
August 2	Practices begin
August 16	Regular season games begin
September 30	Approximate end of season

ELIGIBILITY

Coed players must be in grades 1 - 3 and registered with FDYS.

PRACTICE

Monday, Tuesday & Thursday 5 - 6 or 6 - 7 pm
YS fields 1 & 2

GAMES

Tuesday & Thursday (at YS) 5 pm

2004 BIG MOUNTAINEERS SOCCER LEAGUE

SIGNIFICANT DATES

June 1	Registration begins
July 26	Registration ends
July 28	Skills & team assessment & Parents meeting, 5 pm
August 2	Practices begin
August 16	Regular season games begin
September 30	Approximate end of season

ELIGIBILITY

Coed players must be in grades 4 - 6 and registered with FDYS.

PRACTICE

Monday, Tuesday & Thursday 5 - 6 or 6 - 7 pm
YS fields 10 & 11

GAMES

Tuesday & Thursday (at YS) 5 pm
YS fields 10 & 11

2004-05 WINTER INDOOR SOCCER @ ULTIMATE GOAL

SIGNIFICANT DATES

September 6	Registration begins
October 19	Registration ends
October 20	Skills assessment
October 21	Parents/Coaches meeting
October 27	Practices begin
November 6	Regular season games begin
January 29	End of season

ELIGIBILITY

Coed players - age 10 and under (U10) or age 12 and under (U12).

Boys - age 14 and under (U14) and Girls - age 14 and under (U14). Youth must be the following by January 1, 2005 to participate:

Age 10 or under to play U10

Age 12 or under to play U12

Age 14 or under to play U14

PRACTICE

One hour weekly, Pine Plains Fitness Center 5 - 6 or 6 - 7 pm
(day to be determined by availability of PFC)

GAMES

Will be set by The Ultimate Goal. All games will be played at The Ultimate Goal indoor soccer facility in Watertown.

LEAGUES

Teams compete in The Ultimate Goal League.



2004 POP WARNER TACKLE FOOTBALL

SIGNIFICANT DATES

June 1	Registration begins
July 28	Registration ends
August 1	Practice
September 1	Regular season games begin (approx.)
October 29	Approximate end of season

ELIGIBILITY (PEE WEE, 9 - 11 YRS/LIGHTWEIGHTS, 12 YRS)

Players must be registered with FDYS. Open to boys and girls ages 9 - 12. Must be 9 by August 1, 2004 and may not turn age 13 prior to August 1, 2004. Weight classes: ages 9 - 11, 70 - 110 pounds and 12 year-old lightweight, 70 - 90 pounds.

WEIGHT & AGE LIMITATIONS ARE SUBJECT TO CHANGE BY POP
WARNER PRIOR TO REGISTRATION SIGN UPS

LEAGUE

Youth residing in Fort Drum, Felts Mills, Calcium, Black River, Great Bend and Evans Mills are eligible to register with the Fort Drum POP WARNER Program. If you reside in Carthage, you must play for Carthage. Watertown residents must play for Watertown, etc. Philadelphia residents must play for Indian River. If an age group isn't available then they can play for Fort Drum. Traveling team competes in the Pop Warner League.

PRACTICE/GAMES

Two-hour practices will be held at the Youth Center, between 5 and 8 pm, Monday through Friday prior to the first game. Once games begin, practices will be Mondays, Wednesdays and Thursdays. Games will be played Saturdays and Sundays. YS will provide transportation to away games.

PHYSICALS ARE MANDATORY!

Players must turn in a copy of their most current physical. Date the physical was conducted must be within one year of the date of registration

MIGHTY MITES

TACKLE FOOTBALL

SIGNIFICANT DATES

June 1	Registration begins
July 28	Registration ends and Parents/Coaches meeting
August 1	Season games begin
October 29	Approximate end of season

ELIGIBILITY

Players must be registered with FDYS. Open to boys and girls ages 7 - 9. Must be 7 by August 1, 2004 and may not turn age 10 prior to August 1, 2004. Players must weigh between 45 - 85 pounds.

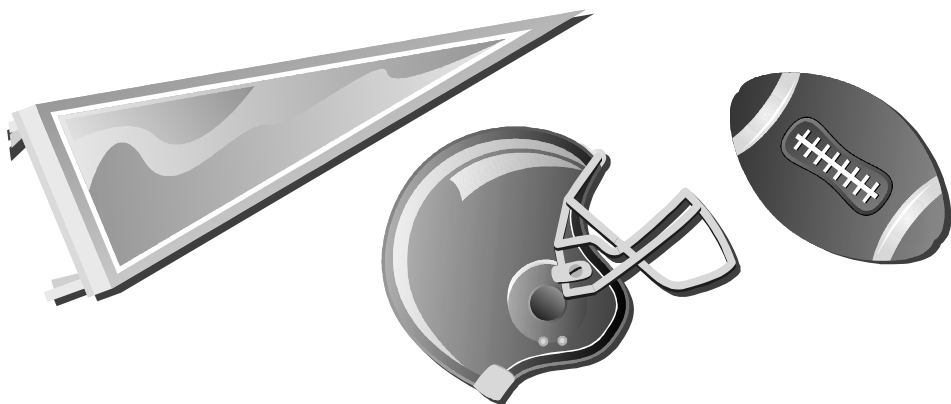
WEIGHT & AGE LIMITATIONS ARE SUBJECT TO CHANGE BY POP
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LEAGUE

Youth residing in Fort Drum, Felts Mills, Calcium, Black River, Great Bend and Evans Mills are eligible to register with the Fort Drum POP WARNER Program. If you reside in Carthage, you must play for Carthage. Watertown residents must play for Watertown, etc. Philadelphia residents must play for Indian River. If an age group isn't available then they can play for Fort Drum. Traveling team competes in the Pop Warner League.

PRACTICE/GAMES

Two-hour practices will be held at the Youth Center, between 5 and 8 pm, Monday through Friday prior to the first game. Once games begin, practices will be Mondays, Wednesdays and Thursdays. Games will be played Saturdays and Sundays. YS will provide transportation to away games.



2004 CHEERLEADING POP WARNER TACKLE FOOTBALL

SIGNIFICANT DATES

June 1	Registration begins
July 28	Registration ends
July 30	Parents/Coaches meeting
August 2	Practice begins
September 2	Regular season games begin (approx.), squads will cheer at all games
October 29	Approximate end of season

ELIGIBILITY

Youth must be registered with FDYS. Open to youth ages 9 - 13. Must be 9 by August 1, 2004 and may not turn 14 prior to August 1, 2004.

PRACTICE/GAMES

Two-hour practices for TACKLE CHEERLEADING will be at the Youth Center on Mondays, Wednesdays and Thursdays. Times to be announced. All games will be on Sundays at 1:30 pm and some Saturdays. Squads will cheer for the Fort Drum Mountaineers in the Greater Watertown Pop Warner Football League.



VOLUNTEERS NEEDED

Coaches & Officials

Anyone interested contact FDYS at 772-6718

2004-05 BASKETBALL CHEERLEADING-MOUNTAINEER LEAGUE & BIG MOUNTAINEERS

SIGNIFICANT DATES

1) MOUNTAINEER LEAGUE

November 10, 2004	Registration begins
December 13	Registration cut-off date
December 14	Regular season games begin
March 31, 2005	Approximate end of season
April 16	Last day for uniform turn-in

ELIGIBILITY

Open to girls ages 9 - 13, registered with FDYS.

MOUNTAINEER LEAGUE PRACTICE/GAMES

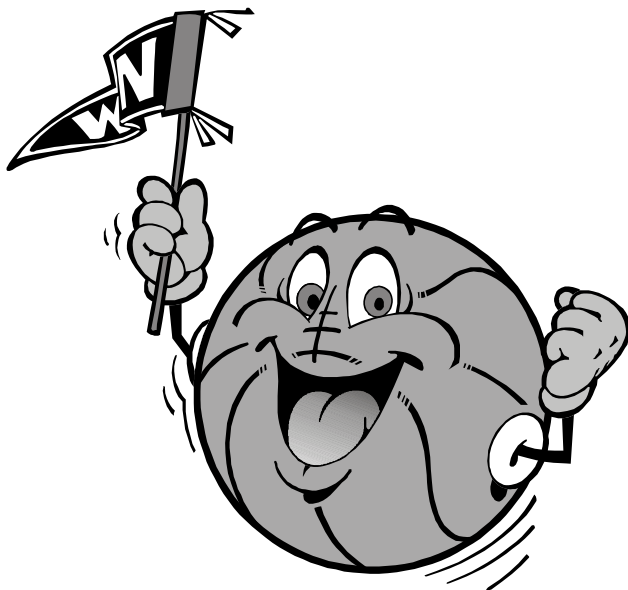
(AGES 9 - 11, GRADES 4 - 6)

Practice locations to be announced.

Monday & Wednesday 5 - 6 or 6 - 7 pm

GAMES

Wednesday & Thursday 6:15 or 7:15 pm



2004-05 LITTLE MOUNTAINEER BASKETBALL

I) LITTLE MOUNTAINEERS ABA DIVISION (LMABA)

SIGNIFICANT DATES LMABA

August 2, 2004	Registration begins
September 27	Registration ends
	Skills assessment/parents meeting, 5 pm
October 4	Practice begins
October 18	Regular season games begin
December 7	Season ends

ELIGIBILITY

Coed open to youth ages 6 - 7. Kindergartners are not eligible to participate. Players must be registered with FDYS.

PRACTICES - ROTATING TIMES

Mondays & Tuesdays 5 - 6, 6 - 7 & 7 - 8 pm

GAMES

Mondays & Tuesday 5, 6 or 7 pm

II) LITTLE MOUNTAINEERS NBA DIVISION (LMNBA)

SIGNIFICANT DATES LMNBA

August 2, 2004	Registration begins
September 28	Registration ends
	Skills assessment/parents meeting, 5 pm
October 6	Practice begins
October 20	Regular season games begin
December 9	Approximate end of season

ELIGIBILITY

Coed open to youth ages 8 - 9. Players must be registered with FDYS.

PRACTICES

Wednesdays & Thursdays 5 - 6, 6 - 7, or 7 - 8 pm

GAMES

Wednesdays & Thursdays 5 - 8 pm

2004-05 BOYS BASKETBALL

MOUNTAINEER LEAGUE

SIGNIFICANT DATES

November 1, 2004	Registration begins
December 13	Registration ends
	Parents/Coaches meeting
December 14	Practice begins this week
January 31, 2005	Regular season games begin
March 31	Approximate end of season

ELIGIBILITY

This league is for boys ages 10 - 12 (grades 5 & 6). Players must be registered with FDYS. 12 year-olds in the 7th grade must participate in the BIG MOUNTAINEER LEAGUE (7th & 8th grade league).

PRACTICE

Practices for the Fort Drum League are limited to four, one-hour sessions per week.

Monday, Tuesday, Wednesday & Thursday 6 - 7 or 7 - 8 pm

GAMES

Game times and locations will be determined and distributed to all participants at the beginning of the season.

PRACTICE/GAME DAYS & TIMES SUBJECT TO CHANGE
DEPENDING ON FACILITIES AVAILABLE



2004 - 05 LADY (GIRLS) MOUNTAINEER BASKETBALL

SIGNIFICANT DATES

November 1 , 2004	Registration begins
December 13	Registration ends and Parents/Coaches meeting
December 14	Practice begins
January 31 , 2005	Regular season games begin
March 31	Approximate end of season

ELIGIBILITY

Players must be registered with FDYS. Girls must be ages 10 - 12 (grades 5 and 6) to be eligible.

PRACTICE

The team will compete against community school teams. Practices are limited to four, one-hour sessions per week at YS or the PFC.

Monday, Tuesday, Wednesday & Thursday 5 - 6 pm

GAMES

Game times and locations will be determined and distributed to all participants at the beginning of the season.

2004 3 ON 3 BASKETBALL OPEN COMPETITION

SIGNIFICANT DATES

October 1, 2004	Season games begin
November 19	Approximate end of season

ELIGIBILITY

Players must be in grades 6 - 8. They may form their own teams or come in and be assigned to a team. Sign up at Youth Services by 6:30 pm each Friday.

NO PRACTICES

GAMES

Games will be played Fridays at 6:30 pm. Arrive promptly at 6:30, game will start at 7 pm.

FEES (PER TOURNAMENT)

Member - \$2/Nonmember - \$5

For additional information, call FDYS at 772-6718.

2004/05 SCHOOL YEAR

SWIMMING LESSONS

RED CROSS PROGRESSIVE LEVELS OF SWIMMING, LEVELS 1 - 7: The classes are designed to help youth progress through the classes much easier.

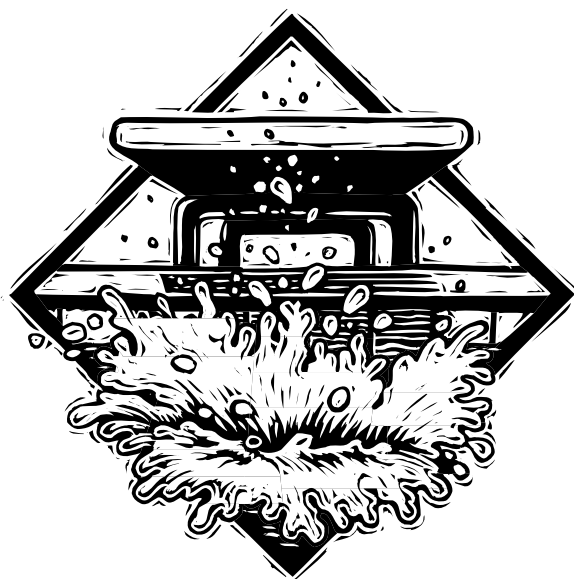
REGISTRATION

REGISTRATION WILL BE HELD AT THE PHYSICAL FITNESS CENTER, BLDG P-4305, CONWAY ROAD. Registration starts the 25th of each month for the following month's classes.

SWIM LESSONS

Youth swim lessons will now run monthly. Classes will be three times a week, either Monday and Wednesday, Tuesday and Thursday or Saturday mornings. All classes will be held at the Physical Fitness Center. For more information on classes call 772-4807. School Year Lessons will be held after school hours. Summer Lessons (July & August) will be held daytime hours and evenings.

Classes are also available for infant-toddler, preschool, and adults.



ALL FEES ARE SUBJECT TO CHANGE

2005 DOWNHILL SKIING & SNOWBOARDING

D) SKI & SNOWBOARDING LESSONS

Boys and girls, ages 6 - 18 registered with FDYS are eligible. 6 year-olds must be in 1st grade to be eligible. Lessons will be provided at the Dry Hill Ski Area in Watertown. Transportation will be provided by FDYS for a fee of \$40 per person. Six and seven year-olds must be accompanied by an adult at all times.

REGISTRATION

Register Central Enrollment Registry (CER). Registration is November 1 to January 3, 2005. Registration is on a first come-first serve basis. Registration will close early if program fills prior to the registration cutoff date. Classes may be held during winter break, if needed.

SCHEDULE

You have a choice of signing up on Tuesdays or Thursdays. The program will run once a week for 7 weeks. If you register for the Tuesday class you need to commit to the Tuesday class and same for Thursdays. NO MAKE UP CLASSES ON ALTERNATE DAYS.

JANUARY 4/6 - FEBRUARY 15/17, 2005

Tuesdays or Thursdays 5:15 - 9:15 pm

FEES

\$40 for those using YS transportation.

There is a MANDATORY MEETING for parents and youth the first night of class at 4:30 pm at Youth Services.

ALL FEES ARE SUBJECT TO CHANGE

DISCOUNT PACKAGES

Dry Hill offers four discount packages for *seven weeks*. Prices are subject to change.

- I. \$110 - You receive your lift tickets, rentals and 4 weeks of lessons. The remaining 3 weeks is free skiing (for intermediate and advanced levels). A 5th week of lessons will be offered for those who need it.
- II. \$80 - Provided that you have your own equipment, you receive your lift tickets and 4 weeks of lessons, the remaining 3 weeks is free skiing (for intermediate and advanced).
- III. Free Skiing - A one-time registration fee of \$5 and weekly lift payments of \$6 provides experienced skiers with unlimited skiing. Ski rentals - \$8.
- IV. \$40 - Provided you have your own equipment and season pass but want 4 weeks of lessons.

SKI TRANSPORTATION SCHEDULE

FDYS will provide transportation only for youth ages 8 and up, to and from Dry Hill for the 7-week program. Watch for more information about the program from October to November 2004.

Depart YS.....	5:15 pm
Arrive Dry Hill	5:45 pm
Skiing & Snowboarding (for those not in lessons)	5:45 - 8:30 pm
Ski Lessons & Snowboarding Lessons	6 - 7:30 pm
Practice & Free Skiing	7:30 - 8:30 pm
Depart Dry Hill	8:40 pm
Arrive at YS	9 - 9:15 pm



2005 KIDDIE KORRAL DOWNHILL SKIING

Private lessons are available for youth ages 3 - 6 at Dry Hill. For more information call 782-8584.

FITNESS & WEIGHT ROOM

FEATURES

Certified Trainer available

Cybex Equipment - Universal gym with numerous options available
Treadmill, Bike and Stairmaster

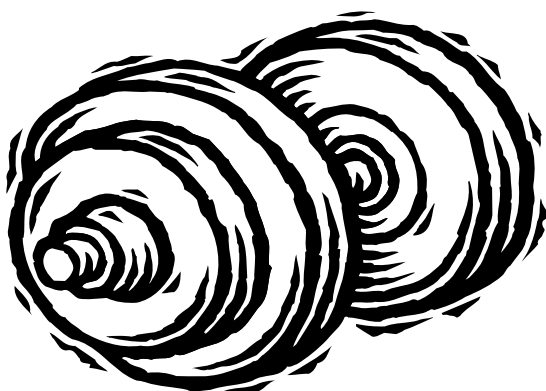
ELIGIBILITY/REQUIREMENTS

Coed - Open to youth ages 14 - grade 12. Youth must submit a current physical to YS and complete required forms located at Youth Services.

HOURS OF OPERATION

Mondays, Tuesdays, Wednesdays & Fridays 6 - 8 pm
Saturdays noon - 4 pm

For more information call YS Sports Staff at 772-6817.



ALL FEES ARE SUBJECT TO CHANGE

2004-05 START SMART SPORTS DEVELOPMENT PROGRAMS

SPORTS OFFERED

General Development - Basic skills in: kicking, throwing, catching and batting.

Basketball - Basic skills in: dribbling, shooting, passing and running/agility.

Golf - Basic skills in: hitting and putting.

Soccer - Basic skills in: trapping, kicking, dribbling and agility/throwing.

Baseball - Basic Skills in: throwing, catching, batting and running/agility.

ELIGIBILITY

Open to youth ages 3 - 5 only (except golf - this is open to ages 5 - 7). Child must be 3 by the date of their first session and may not turn 6 before the first session. Parents participate with their child while learning how to support and teach their child specific sports.

SESSIONS

These six-week programs are held in one-hour sessions, Thursdays or Saturdays from 10:30 - 11:30 am. Start times will depend on the sport and availability of facilities.

FEES

Price varies according to each sport, and includes equipment that can be kept by the child. All Fees Are Subject To Change.

These programs are designed to introduce young children to sports in a non-competitive, positive environment with emphasis on motor skills development and most importantly HAVING FUN!

Youth Services strongly suggests not bringing siblings to the sessions. Hourly care is available at Memorial Drive Child Care Center on Saturdays from 9 am - 5 pm - phone 772 7100.



WATERTOWN MINOR HOCKEY ASSOCIATION

The 2004 - 2005 season Watertown Youth Hockey League welcomes all Fort Drum youngsters to its In-City Youth League. All practices and home games are held at the Fairgrounds Arena, Coffeen Street, Watertown. No previous hockey or skating experience is necessary. Children as young as 4 years may attend practices, but most skaters playing on a team are ages 7 - 17. As players improve and develop the desire, they can try out for our travel team. Our qualified skating coaches have newcomers skating within weeks! Youth League (ages 7 - 17).

SEASON

Sign up time is September 2004. On-ice activities begin in October and continue through late March 2005.

MEMBERSHIP

Members need to supply their own equipment. Used equipment is on sale during September preregistration. For more information, call Watertown Rec Department at 785-7775 or Don Horton at 786-2254.



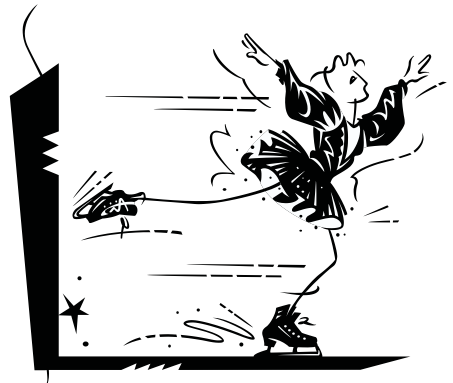
FIGURE SKATING CLUB OF WATERTOWN

Basic program is open to people of all ages. The winter program is conducted October through March. This program teaches the basics of figure skating in group lessons taught by certified USFSA professionals.

The basic skills program is held at the Watertown Ice Arena on Friday evenings from 5:20 pm to 7:05 pm. The program begins each season approximately the first Friday of October. The program runs through the end of March.

INFORMATION

For more information contact Roseanna Danega at 788-7185 or the Watertown Recreation Department at 772-7775.



WATERTOWN BLUE SHARK SWIM TEAM

Youth who can swim one pool length and are interested in joining a swim team to experience the fun and excitement of competition, can be a Watertown Blue Shark. This program is for youth between the ages of 4 - 18. Nightly practice sessions enable swimmers to work on stroke refinement and strength development. During the season swimmers test their skills at swim meets. Point of contact is the YMCA at 782-3100.

FORT DRUM DOLPHINS SWIM TEAM

Fort Drum offers a year-round competitive swim team for youth in the area. Sign-ups are throughout the year at Magrath Sports Complex. The swim team is a parent-managed non-profit organization that swims and competes in association with United States Swimming (USS). Membership is open to both active duty, retirees and civilian family members in the area, and the only requirement to join is that the youth be able to swim one length of the pool on their front and back, for ages 5 - 18. Swimming will be held at Magrath Pool on Fort Drum. Point of contact is Lori Philkin at 772-9673.

